

**Wrestlers give tips**

Army athletes visit KSU to talk wrestling, careers

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# Fort Riley Post

**Students look inside body**

Special activity at Ware Elementary School teaches good health

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Friday, December 16, 2005

America's Warfighting Center

Vol. 48, No. 50

**Around The Army****Korea:**

The Indianhead reported Nov. 25 that Camp Stanley Soldiers have a place to call their own, a place where they can hang out, listen to music or watch TV.

The place is the newly renovated Coffee House, which had its grand opening Nov. 7. Originally used by aviation units at Camp Stanley, the coffee house went through a three-month renovation project to return it to a Soldier-friendly place, like it was before, and to give Soldiers an alternative "to the 'ville.'"

For more on this story and other 2nd Infantry Division news, visit [www.2id.korea.army.mil/news/community/7id-14](http://www.2id.korea.army.mil/news/community/7id-14) on the Web.

**Fort Knox:**

The Turret reported Dec. 8 that a construction project will result in 161 new single family homes when completed in 2007.

Located on the former Anderson Golf Course site next to Wilson Road, the Bitter Whole Neighborhood Renewal Project will feature 161 single family homes when it's completed in February 2007. So far, 18 house frames have been raised on the site.

Each house will have nine foot ceilings, garages, solid-surface countertops, oak cabinetry and covered patios. A jogging path will circle the neighborhood, which will also feature playgrounds, basketball courts and soccer fields.

For more on this story and other Fort Knox, Ky., news, visit [www.thewesternenterprise.com/turret/](http://www.thewesternenterprise.com/turret/) on the Web.

**Fort Sill:**

The Cannoneer reported December 8 that a fire swept across the post's east range Nov. 27, causing so much damage a special investigation. Besides damage to the range, a front-end loader was destroyed and a dump truck and scraper suffered significant damage.

Four wooden utility poles standing in the path of the fire had to be replaced and power was out at the range for about two days.

For more on this story and other Fort Sill, Okla., news, visit [www.lawton-constitution.com/chall/cannoneer.htm](http://www.lawton-constitution.com/chall/cannoneer.htm) on the Web.

**Fort Jackson:**

The Leader reported Dec. 8 that residents living at Pierce Terrace will see big changes occurring in that family housing complex. Areas 1, 2 and 3 will undergo \$20 million in renovations, repairs and conversions starting in early January. The work is expected to take one year to complete.

The work will include converting two-bedroom units into four-bedroom units and upgrading the interior of others. The conversions will be done by combining two, two-bedroom units.

Existing three- and four-bedroom quarters will receive upgrades, including ceiling fans for every room, new flooring and countertops and new fixtures in bathrooms and kitchens.

For more on this story and other Fort Jackson, S.C., news, visit [www.fortjackson-leader.com/](http://www.fortjackson-leader.com/) on the Web.

## Task force provides medical aid

### Humanitarian mission stocks hospital supplies, treats rural residents

By Matthew Wester  
3rd BCT, 1st AD

CAMP TAJI, Iraq — "This is the heart of civil affairs," said 1st Sgt. Gorakh Persaud as he watched U.S. Army doctors treat Iraqi children and U.S. Soldiers distribute humanitarian aid to residents of

an area northwest of Baghdad. Persaud and other Soldiers from Company A, 490th Civil Affairs Battalion, assigned to the 3rd Brigade Combat Team, 1st Armored Division, were on a day-long mission Nov. 27 to improve healthcare for Iraqi citizens. "The mission had two parts,"

said Dr. (Capt.) Chris Warner, division psychiatrist for 3rd Infantry Division. "We took medical supplies to a local area hospital. The first mission was to get them supplies. The second (part) was to go out into the community and provide medical care for some of the Iraqi civilians."

Warner is also trained as a family practitioner and got to use those skills during the mission. For the mission's initial phase, Soldiers made contact with officials from Al-Imam Al-Hussain Charity Hospital in Rashdiya. The hospital provides free medical care for residents of the town.

"They treat anyone with a need, so we decided to donate some of our medical supplies," said Sgt. Richard J. Cochea, a civil affairs specialist with Co. A. "Although the hospital is privately funded, resources are still

See Medical aid, Page 2

## 'Gunning'



Staff Sgt. William Langrell demonstrates a speed detector recently acquired by the post police force. Traffic patrols often monitor the speeds of vehicles entering and exiting post to ensure the safety of the access guards at each gate.

Post/Morelock

## New radar aimed at curbing speeders

By Anna Morelock  
Staff writer

Speeders beware. Military and Department of the Army police at Fort Riley recently acquired 27 Stalker DSR 2X radars for their traffic division.

A federal grant plus \$150,000 from the department allowed for purchase of one of the top of the line radars for each of the 22 patrol cars and five back-up radars.

"The idea is to never have a car without

active radar on patrol at any time," said Sgt. James Greer of the DA police.

Before the new radars hit the road about a month ago, officers were issued handhelds for patrols, said Staff Sgt. William Langrell, traffic section supervisor with the 97th Military Police Battalion.

"On a good day, if everything was out of the shop, we'd put probably eight radars on the road," Langrell said. "Now, all the cars have radars, so my guys don't have to issue them out during a 24-hour period. We would spend six out of 24 hours in here

issuing out radars. Now we don't have to do that."

The traffic section radars see almost constant use throughout the year. Compared to other police and highway patrol troopers, where the officer takes his car and radar home at the end of an eight-hour shift, MP and DA police patrol cars can be run 24 hours a day, seven days a week. Besides replacing worn out equipment, the new systems have upgraded the capability

See MP radar, Page 4

## 'First to go' prepare for new danger

### Course covers threats using special agents

By Anna Morelock  
Staff writer

Fort Riley first responders prepared to prevent, protect against and respond to chemical, biological, radiological and nuclear incidents the week of Dec. 5.

The post's first responders, including firefighter, emergency medical service personnel, military police and Department of the Army police, took part in phase three of CBRN incident response training.

CBRN training helps prepare the responders for possible war-time threats against Fort Riley, such as weapons of mass destruction and improvised explosive devices containing CBRN threats. The first responders also learned about handling unintentional accidents, such as chemical spills, said Michael Walter, post chemical officer for the Directorate of Plans, Training, Mobilization and Security.

During phases one and two of the operation, contractors from EAI Corporation visited Fort Riley to assess what types of new equipment would be needed for first responders.

"Our fire department is already very robust," Walter said. "It adds to it, it gives us a larger capability."

See CBRN, Page 2

## 5th Field Artillery radar section heads for Iraq

### Soldiers upbeat even though some returned just three months ago

By Anna Perry  
19th PAD

For a few Soldiers, the vacation from a remote tour supporting the Global War on Terrorism ended three months after coming home.

Friends and family gathered in Craig Gym Dec. 9 to bid farewell to Soldiers of the Q36 Radar Detachment of Headquarters and Headquarters Battery, 1st Battalion, 5th Field Artillery, who will deploy to Iraq in support of Multi-National Corps-Iraq.

The detachment received notice of the deployment in November. For four of the six team members, the deployment

falls just three months after returning home from a previous tour of duty.

These Soldiers have taken the skills they honed in combat during the last tour and have continued to develop, said Maj. Gen. Dennis Hardy, commanding general of the 24th Infantry Division (Mech.) and Fort Riley.

"When you go down range, we know you've got the talent, the individual and collective skills and the cutting edge technology to help you with your vital mission," Hardy told the deploying Soldiers.

As the Soldiers prepare to

See Deploy, Page 2



Pfc. Brandon Deal (second from left) smiles as Spc. Martin Johnson shakes his hand while bidding him farewell during the Q36 Radar Detachment deployment ceremony Dec. 9 at Craig Gym. Spc. Joshua Edwards stands in line to Johnson's right, waiting to wish Deal his best.  
19th PAD/Perry





## Post, Army news briefly

### Correction

The story about cell phone use on Fort Riley appearing in the Dec. 9 issue of the Post erroneously reported that, effective Jan. 1, 2006, Kansas law would prevent drivers from using cell phones while driving unless they used a hands-free device.

Kansas has not enacted that law. House Bill 2216 prohibiting use of cell phones without using a hands-free device while driving is in committee and is expected to be brought before the state Legislature during the 2006 session, a legislative assistant at the state Capitol said Dec. 12.

### CFC receives late donations

A few late donations brought the total for this year's Combined Federal Campaign at Fort Riley to \$181,377.92. Final totals for each group were: 1st Brigade, \$61,949; 3rd Brigade, \$18,776.63; 541st Combat Service Support Battalion, \$8,267; U.S. Army Garrison staff, \$56,171; and tenant activities, such as the Army and Air Force Exchange Service and Medical Department Activity, \$36,214.29.

### Residents may keep lights on

Many post residents choose to decorate the outside of their quarters for Christmas. Normally, Christmas lights should be down by the middle of January, but those families who wish to leave their lights up for their Soldier's return from deployment are allowed to do so this year.

The Fort Riley Housing Office staff wants resident to have a safe and happy holiday season. They offer the following tips regarding Christmas lights.

Lights and extension cords should be designed for outside use.

Wiring should not be frayed or broken.

Lights cannot be attached to siding or shingles.

Lights should not be lying against siding to prevent damage from heat.

All lights should be turned off when occupants go to bed or are not home.

### Holidays alter trash pickup

The trash pickup schedule on post will change Dec. 26-30 and Jan. 2-6 in observance of Christmas New Year's. The schedule is:

**Dec. 26 and Jan. 2** – No pickup, Christmas and New Year's holidays

**Dec. 27 and Jan. 3** – Coker Manor, Main Post and dumpster at Building 621.

**Dec. 28 and Jan. 4** – Ellis Heights, O'Donnell Heights, Montieth Heights, Peterson Heights north of Thomas Avenue, Marshall Field (No change from regular schedule and dumpsters at Building 5309).

**Dec. 29 and Jan. 5** – Warner Heights, Burnside Heights and dumpsters at Buildings 28, 45, 470, 540, 542, 621 (No change from regular schedule.)

**Dec. 30 and Jan. 6** – Meade Heights, McClellan Heights, South Warner Heights, Peterson Heights south of Thomas Avenue and dumpsters at Building 5309. (No change from regular schedule.)

For more information, call Paul Cassella at 239-6274.

### Commander plans address

Col. Thomas "Ty" Smith plans to address Fort Riley civilian employees in two sessions Jan. 9. The first session begins at 10 a.m. and the second begins at 1:30 p.m. Both sessions will be in Barlow Theater, Building 7866, on Custer Hill. Employees need attend only one session.

## Medical aid

continued from page 1

limited."

The Soldiers and medical professionals from the 3rd Infantry Division's 550th Medical Company helped supplement those resources. They worked together with employees of the hospital to move a truckload of supplies into the building.

Capt. Wendy Weinell, a team leader for Co. A, Co., said the Army donated, "a little bit of everything from dressings to needles, needle boxes and gowns."

"By us being able to supplement a completely free hospital, it is going to increase the number of people they can actually service," Weinell said. "There is a high demand in this area."

"There is a high rate of tuberculosis, a high rate of children being bitten by dogs and there are also a lot of farming accidents," she added. "These supplies will help. It will help them treat a lot of the injuries they get."

After the Soldiers unloaded the medical gear, they mounted up and traveled along sandy farm roads until they reached the relatively remote village of Su Bak Suur.

Smiling children greeted the Soldiers as they set up a makeshift clinic in the corner of a neighborhood soccer field. The Army medical professionals set up four treatment stations and put their equipment and expertise to use.

"We saw Iraqi civilians of all ages, men and women, a definite broad range," Warner said. "In terms of ailments, we saw some general complaints you would see in any primary care clinic, such as arthritis and upper respiratory viruses. We also saw a lot of high blood pressure and diabetes, which is to be expected."

Warner said it was important that the villagers realized U.S. Soldiers were willing to treat people even in a remote area like Su Bak Suur.

The Soldiers reached out to the village in another way as well.



**Maj. Donna Mattson, a medical officer for Multinational Security Transition Command-Iraq, checks an Iraqi man's pulse during a medical mission to a rural area northwest of Baghdad Nov. 27.**

After treatment, they gave each person humanitarian aid items like pillows, sleeping mats and school supplies.

The children were especially excited when they received new backpacks full of pencils, pens and notebooks.

"This stuff is for the Iraqi people," Persaud said. "It serves no purpose sitting in a warehouse. We're giving it to the folks so they can use it."

Persaud said his teams deal with a lot of construction and infrastructure projects on a daily basis, but they like to do humanitarian aid missions that require direct contact with the Iraqi people.

"It's interaction for the people in a positive way," Weinell said. "It's also a chance for our Soldiers to see positives in the people. Every kid you see out here is ultimately why we're here. (There's hope) that their future will be better in Iraq."



**Sgt. Richard Cochea, a civil affairs specialist with Co. A, 490th Civil Affairs Bn., unloads medical supplies during a medical mission northwest of Baghdad Nov. 27.**

STATE FARM INSURANCE  
2 x 1"  
Black Only  
2x1 Ladder TF

## Deploy

continued from page 1

depart, many family members must prepare for daily life without their loved ones. "Just having him gone is going to be difficult, especially with a baby on the way," said Marie Hohmann, wife of Spc. Jay Hohmann.

But, the couple is prepared to deal with the challenges that lie ahead. "We're ready ... the Army will take care of us," said Spc. Hohmann, who will be deploying for the first time. "I've been looking forward to doing my part ever since 9/11."

Even Soldiers who just returned seemed up for another adventure. "I'm looking forward to doing it again," said Cpl. Matt Spasbo. "I'm hoping to become a better leader as the months go by."

"I have every confidence in this team," said Col. Bart Howard, 1st Brigade, 1st Infantry Division, commander at Fort Riley. "I have no doubt they will live up to the reputation of the patch (the Big Red One) they wear."

## CBRN

continued from page 1

ty," he said of the new equipment. Protection, detection, decontamination and medical equipment was among the equipment ordered as a result of the assessment. The Department of Defense-sponsored training will provide Fort Riley first responders with \$5.5 million worth of new equipment.

Fort Riley is the 34th installation to receive the training. The new equipment should arrive on post sometime before May 2006. During the final two phases of the six-phase operation, first responders will train with the new equipment.

In the past, first responders at Fort Riley received similar training from members of the post's fire department and the Kansas Highway Patrol. However, this is the first time all the first responders received this type of training together, Walter said.

Instructors from EAI Corporation taught six classes over the week. About 25 to 30 students attended each class.



**Staff Sgt. Chris Edwards carries medical supplies into the Al-Imam Al Hussain Charity Hospital in Rashdiya, Iraq, Nov. 27. Edwards is deployed in support of Operation Iraqi Freedom with the 490th Civil Affairs Bn. assigned to 3rd BCT, 1st Armored Div.**

MANHATTAN SHOE REPAIR  
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Black Only  
2x1.5 Wrench List

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## Post, Army news briefly

### Tax statements to be mailed

Retired and annuitant account statements and 1099-R tax statements will be mailed throughout the latter half of December, Defense Finance and Accounting Service officials have announced.

DFAS officials remind pay recipients that the account statement and tax form will be mailed in the same envelope.

For retirees, the RAS will reflect changes due to the cost-of-living increase, the Veterans Administration Legislative increase and changes to the Federal Income Tax Withholding rates.

Because of the VA legislative increase, recipients of Combat Related Special Compensation also will receive an increase to their CRSC amount. This amount will affect the December 2005 entitlement scheduled for the payment on Jan. 3.

Retirees who do not have a myPay account will not receive a CRSC pay statement.

### CID offers \$500 reward

The U.S. Army Criminal Investigation Command is offering a \$500 reward for information leading to the identification, apprehension and conviction of the person or persons responsible for the theft of tools and Motorola radios from a Mortenson construction site.

The tools and radios were stolen between Oct. 7 and 10 from a white connex located within the construction site adjacent to Building 7227 on Fort Riley.

Anyone with information concerning this incident should call Special Agent Matt Hodges at 239-3931 or the Fort Riley military police at 239-6767.

### Severely injured vets get help

The Department of Defense has opened the Military Severely Injured Joint Support Operations Center, a 24/7 service to help severely injured service members find jobs and answer questions they and their families might have.

The MSUSO Center offers help through a toll-free number, (888) 774-1361.

The DoD also has partnered with Military.com to provide an online Career Center designed to connect severely injured servicemembers with benefits, resources and employment opportunities to help ease their transition.

The Career Center can be found at <http://www.military.com/support> on the Web.

### Army automates tuition aid

The Army Continuing Education System is updating and automating to provide virtual

access to its programs and services for Soldiers anytime, anywhere.

This two-phase project began with the implementation of a centralized invoice process that provides a more streamlined method for academic institutions to receive invoice payments.

The second phase, scheduled to begin April 1, will allow Soldiers to request TA and enroll in courses online. This will assist in expediting the enrollment process and minimize wait times at Army Education Centers. Soldiers will request TA online through the ACES portal called GoArmyEd.

For general information about the TA process, visit <http://www.military.com/education/ArmyTA> on the Web.

### CID offers \$500 reward

The U.S. Army Criminal Investigation Command is offering a \$500 reward for information leading to the identification, apprehension and conviction of the person or persons responsible for the theft of government property.

Between Oct. 1 and 7, a person or persons broke into a storage locker in the Bulk Storage Area, Room 315, Building 7002B, on Fort Riley and stole the Central Issue Facility equipment.

Anyone with information concerning this incident should call Special Agent Jeffrey W. Lasley at 239-8641 or the Fort Riley military police at 239-6767.

### Tax program needs workers

The 2006 Fort Riley Tax Assistance Program needs individuals willing to volunteer to help Soldiers and military families file tax returns. No experience is necessary, but individuals with previous tax experiences are encouraged to volunteer to help part-time at the Fort Riley Tax Center.

Volunteer tax preparation clerks receive the same training as paid preparers, learn tax preparation skills and have the opportunity to help members of the Army community.

Anyone interested in volunteering should call Capt. Christopher Callicott at 239-3117.

### Observance needs talent

The Fort Riley Equal Opportunity Office staff is looking for individuals to participate in the annual Martin Luther King Jr. birthday observance from 11:45 a.m. to 12:45 p.m. Jan. 11 at Riley's Conference Center.

Talent being sought includes poetry, singing and dancing. Anyone interested in participating as part of the program should call 239-8433.

## MP radar

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ties of the patrols.

"The technology here is extremely old," Greer said about the old radar systems. "When we went to the new system, this is the new millennium. Can't get any better."

One benefit of the new systems is that they only need scheduled maintenance and calibration once every three years. The old systems had to be done every six months to a year.

Another benefit is the way the new radar tracks and locks speeding vehicles. If the radar is in stationary mode, like if the officer is parked in a lot, the new radars can track four vehicles at a time. The old system could track one.

One officer can't pull over four vehicles at once, but four speeding vehicles can be stopped with a little coordination between other patrol units and three bicycle patrols activated each spring on post.

"That's one of the things we're really looking forward to doing this summer is getting our bicycle patrols out in the housing areas where kids are playing," Greer said.

Although the patrols enjoy trying out all of the radar's capabilities, they aren't just out to write tickets. Safety and getting people to pay attention while they're driving is the main concern, Greer said.

Langrell agreed that safety was the main goal of the officers at Fort Riley. When going to visit accident victims in the hospital, speed is always looked into as a factor in the accident, he said.

"Speed doesn't necessarily cause accidents, but it increases the severity of the injuries."

Langrell also pointed out concerns about drivers speeding with all of the new construction around post.

"A year ago, two cars hitting each other at 35 miles per hour was one thing. That can be a bad accident. But when you have so much construction work going on, when a car hits a truck that's fully loaded at 35 miles per hour, it's not going to be a minor accident," he said. "We're really harping on speed to include the construction. We don't discriminate. You speed, we'll get you."

The new radars also give patrols some new capabilities while driving. The old radars could pick up cars driving in the same lane as the officer, Langrell said. But, they were really only effective on the interstate and from a distance. Now, an officer can pick up the speeds of cars in the opposite lane and the same lane in which he is traveling.

The new radars also help eliminate officers pulling over the wrong person. If an officer is



Post/Morelock

Speed trailers, such as these in the police force parking lot, are used by post law enforcement officers to deter speeding around Fort Riley.

reading a speed on the person driving ahead of them in the same lane, the radar won't lock the speed of the person in the opposite lane, which eliminates them pulling over the wrong person.

"With the new Stalkers, they added a step in the system to help eliminate someone being given a ticket unjustly. Where with these," Greer said of the old system, "it was a lot easier to do. The officer had to be careful, really do his job, watch what he was doing and then there's never 100 percent safety that it never happened."

"You take precautions. Like if I saw two vehicles - if I wasn't 100 percent positive which vehicle it was, I didn't make the stop," Greer said. "I let a lot of tickets go because of that."

Officers were trained on the old equipment to avoid mistakes like that. Even with the new system, the steps are still there, Greer added.

Another radar tool the MP and DA police have at their disposal is a laser speed detector, which they have had for about a year. The laser is a dual-purpose tool that is mainly used to measure out and map accident scenes.

"If you see us out on the road using it, it looks like we're surveyors," he said.

"Until you get in trouble," Greer added.

safe. It's the guy that's blatantly not paying attention and flying through there is the one I'm really wanting," Greer said.

Another area that the traffic patrols often monitor is the gates. Speed limits at the gates drop for the safety of AKAL personnel and others working at the gates. If they step out the back side of the booth, they are right where your tires would be, Greer said.

"My concern is just to let people know that we are watching this and you can get a ticket here," he said. "We've actually had people claim that they didn't know that was part of post because they haven't been on to post yet. Well, it doesn't work that way. We're just trying to get people to understand that we are here and we have the capabilities and let them police themselves."

Last summer, a patrol car was hit while the officer had someone pulled over on the side of the road. Since then, patrols have started backing each other up more often when pulling vehicles over. "We've started calling for a back-up patrol," Greer said. The back-up monitors passing vehicles to make sure they are doing three things: slowing down, scooting over if the other lane is empty and passing cautiously.

"You don't scoot over and that lane is empty and I hit you with my radar, and you're in a 35 zone still doing 35, you can bet you're going to be getting a ticket," Greer said.

A ticket for failure to yield to an emergency vehicle at Fort Riley runs \$180. Speeders going 15 miles over the limit can expect a \$60 ticket. Thirty miles an hour over the limit will net the speeder a \$180 ticket. And, in the near future, a \$25 processing fee will be added to tickets.

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#### BODY FIRST

1 x 2"  
Black Only  
1x2 Body First 12/4

#### SCREEN MACHINE

2 x 4"  
Black Only  
2x4 Screen Machine 12/11

#### PRAIRIE HAWK CYCLE & LEATHER

1 x 1.5"  
Black Only  
1x1.5 Prairie Hawk DecTF

#### HOMESTEAD AUTO

1 x 1.5"  
Black Only  
1x1.5 Homestead auto

#### RICK JOHNSON

3 x 4"  
Black Only  
3x4 TF DR. JOHNSON

#### MID-AMERICA PIANO

3 x 4"  
Black Only  
3x4 MidAm Piano





# Commentary

Friday, December 16, 2005

Fort Riley Post

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## Riley Roundtable

### This week's question:

If you could change one thing at Fort Riley, what would you change?



"I don't know. I'm retired and live south of town here quite a ways, but the hospital is wonderful. They treat us like kings. I think it'll be good when the Big Red One gets back."

**Everett Buxhorn**  
Preacher and retired  
command sergeant major  
Home: Deertrail, Colo.



"Entertainment, all the way around. More things to do and more places to eat."

**Victoria DeBose**  
Retired nurse  
Home: Philadelphia



"Every post I've been to has a rec center and the gyms are open until 9 o'clock at night. I know in Germany we had some 24-hour gyms. The hours the pools are open. I think a lot of it's due to manpower but they can still hire people for that, too."

**1st Lt. Darrell Fair**  
Executive officer  
HHC, 24th Inf. Div. (Mech)  
Home: Clarksville, Tenn.



"Easier access through Grant Avenue. You can go off post and go into Junction City but ... you can only come in if you have a sticker. You can't get a visitors pass there, so all the visitors have to go through Washington or Trooper Drive."

**Sam Robinson**  
Director, Military Affairs, Junction  
City and Geary County  
Home: Burlington, Kan.



"More family oriented things. They're really bad about pregnancy here. At a regular hospital you get a lot of ultrasounds, where here you only get two."

**Pfc. Lisa Tupper**  
Mail Clerk  
541st CSS Battalion  
Home: San Antonio

### Next week's question:

What would you like to know about the new units, Soldiers and families coming to Fort Riley and what Fort Riley is doing about the impending growth?

Opinions may be e-mailed to the editor at [mike.heronemus@riley.army.mil](mailto:mike.heronemus@riley.army.mil) or faxed to the editor at 239-2592. Opinions must reach the editor by close of business Mondays to appear in the following Friday's paper.

*Editor's note: This is the second of two articles discussing diabetes, a disease affecting millions of people in their mid-40s and later. The first article appeared Dec. 9 and discussed the population diabetes affects and explained the disease and its symptoms.*

**By Bethany Deschamps**  
OIC, Nutrition Care

The goal for managing diabetes is to control blood sugar levels. This can be done with proper diet, exercise and the use of diabetes medications. Eating raises blood sugar levels, exercising and medications help lower it. All three, especially diet and exercise, are critical for well-managed blood sugar levels.

The diet plan for smart eating for a person with diabetes is to eat about the same amount of food, in the right balance, at about the same time daily. It follows the same key principles of healthy eating for anybody and can be followed by those who do not have diabetes.



**Capt. Bethany Deschamps**

tered dietitian can provide a more specific plan. Here are a few key tips for diabetic eating:

• **Keep track of total carbohydrates for each meal and snack and eat appropriate portions.**

Try to choose carbohydrate sources that are low in sugar and high in fiber. For example, choose whole wheat breads, cereals and pastas; fresh fruits and vegetables; beans and legumes.

Even sources of healthy carbohydrates, such as fruit, can raise total blood sugar if too much is eaten at one time. Total carbohydrates should be around 30 to 45 grams for breakfast, 45 to 60

### To your health

## Diabetics can control blood sugar levels

The primary dietary nutrients—carbohydrates, protein and fat—should be included in a diabetic diet. The amount of nutrients needed is based on the individual, and a registered dietitian can provide a more specific plan.

• **Eat a source of lean protein at each meal and snack.**

Protein slows the rate at which carbohydrates are absorbed into the bloodstream from the stomach and keeps blood sugars from going too high. Examples are white meat poultry, egg whites, low-fat cottage cheese, low-fat cheese, extra lean beef, lean deli meat and fish.

• **Follow a low-fat diet.**

High fat diets contribute to high cholesterol and obesity. Choose foods that have not been battered or fried. Minimize consumption of foods cooked in cream sauces, gravies or cream bases.

Choose low fat dairy products, dressings, butter and meats with less than 5 to 7 grams of fat per three ounces.

Avoid "fat-loaded" carbohydrates such as donuts, croissants, potato chips, packaged muffins or sweet breads.

• **Read food labels.**

Always look at the serving size, total fat, total carbohydrates,

dietary fiber and sugars. All information on a food label is based on the serving size. The serving size is also a guide for an appropriate portion size for that particular food.

Total fat should not exceed 30 percent of the total calories. An easy way to figure this out is for every 100 calories a food has, there should be no more than three grams of fat. For example, if a food has 150 calories, it can have up to 4.5 grams of fat to meet the recommended 30 percent.

Total carbohydrates help a person figure out the total grams of carbohydrates per serving of a particular food and not exceed the recommended carbohydrate levels for each meal and snack. Optimal foods for diabetic dieting should contain no more than 5 grams of sugar and should have at least 3 grams of fiber per serving.

For more dietary advice or other information about diabetes, visit the American Diabetes Association website at <http://www.diabetes.org> or contact the Irwin Army Community Hospital Nutrition Care Division at (785) 239-7644.

### Joint Chiefs chairman:

## Victory in Iraq requires continued vigilance

*Editor's note: The following comments were made by Gen. Peter Pace, chairman of the Joint Chiefs of Staff, Dec. 1 at the National Defense University in Washington, D.C., and reported in an American Forces Press Service article written by Donna Miles.*

The war on terror won't come to a dramatic end as many past wars have, but rather will require continued vigilance to keep terrorists at bay.

The terror war won't have a pinpoint victory like in World War II, with a signing ceremony aboard the battleship Missouri and large-scale Victory in Europe and Victory in Japan celebrations. In this war, victory will be incremental and will need to be guarded daily, weekly, monthly and yearly.

We can't say we've won and get on to the next event. We can say we are winning, and we will stay at it because our children and our grandchildren deserve to live in the same kinds of freedom that you and I have enjoyed all of our lives.

In Iraq, solid progress is under way on the political, economic and security sectors. As that progress continues, its success needs to be measured over the short, medium and long term. Those benchmarks are described in the "National Strategy for Victory in Iraq," which the White House released Nov. 30.

Over the short term, victory in Iraq can be measured by steady progress fighting terrorists, achieving political milestones, building democratic institutions and standing up security forces.

Over the medium term, it's measured by Iraqis taking the lead in those efforts. That means defeating terrorists and providing their own security, with a fully constitutional government in place, and continuing progress in achieving Iraq's economic potential.

In the long term, it is a free and peaceful Iraq, living at peace with its neighbors and no longer hospitable to terrorist acts.

On a global scale, victory in the terror war is a suppression of terrorist incidents to a level below which all free nations can carry out the business of taking care of their citizens in the way that their citizens choose to be governed.

This is an over time victory; it is not a pinpoint victory. There's no question that events in Iraq are leading toward that victory. Political progress has been evident as Iraq prepared for its third election this year to seat its new government. That's incredible, when you think about it.

... Meanwhile, Iraq's economy is coming on line with more than 30,000 new businesses now operating. They are smart people. They're well-educated. They've got resources. They have an economy that's ready and capable of creating wealth for their citizens.

On the security front, progress continues in training Iraq's security forces, a fundamental part of long-term success in Iraq and globally. Iraq's security forces continue to grow in numbers and capability and to take on more

responsibility for their own security.

While a lot of work remains, the 34 Coalition nations in Iraq should take great pride in the enormous progress that has been made to date by the Iraqis.

This cooperation is critical in facing off against terrorists who ruthlessly murder innocent people in Iraq and around the world.

They murder children with bombs. They murdered tourists in

Bali, children in Russia, folks waiting in line to vote. The family of fugitive Jordanian terrorist Abu Musab al-Zarqawi has taken out ads in Arab newspapers to denounce the carnage Zarqawi has fomented in Iraq. Even Zarqawi's family recognizes what a murderer and thug he is, and they have disowned him.

That's why it's important for us to realize that there is no option other than victory.

### Grunt By Wayne Udden



### FORT RILEY POST

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	Poor	Fair	Good
Interesting articles .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Mix of unit, community news .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Your opinion is important to the Post editor and staff. Please take a moment to tell us how well we are doing our job of keeping you informed about what is happening at Fort Riley. Fax the form to (785) 239-2592 or clip and mail this form to Editor, Public Affairs Office, Building 405, Fort Riley, KS 66442, or drop the form at building 405. You may also send your opinions to the staff by e-mail at [mike.heronemus@riley.army.mil](mailto:mike.heronemus@riley.army.mil).

### What are your concerns or suggestions for improvement?

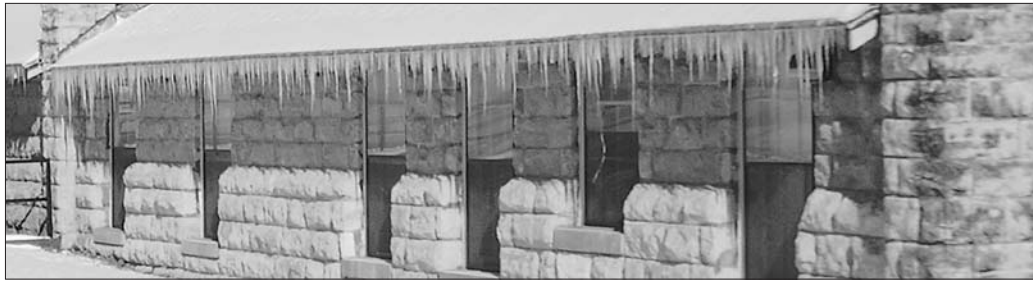
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Your name (optional) and phone number (if you would like to talk about your ideas): \_\_\_\_\_





Icicles hang from the eaves of Building 304 on Main Post Nov. 8, after a storm blanketed the region with snow and cold temperatures Nov. 7. *Post/Morelock*



## Storm dispatches crews to clear post roadways



Snow mounds in the parking lot of the Main Post Exchange were no challenge for drivers of a Dodge Dakota and Jeep Wrangler. Their drivers took advantage of the vehicles' traction and clearance to park where other drivers couldn't Nov. 8. *Post/Morelock*

### Staff report

The expected snow storm Dec. 7 set Directorate of Public Works road crews in action.

The roads and grounds shop initiated Snowburst – the code name for initiating action to deal with dangerous winter weather conditions – about mid-morning Dec. 7, said Keith Jevons of DPW.

They began spreading salt and sand mixtures all the Fort Riley main roads and major intersections. The light snow continued, and by mid-afternoon the intersections at the crossover roads between Apennines and Normandy had become slick, causing accidents.

At that time, all Fort Riley roads were declared red for military traffic.

Enough snow had accumulated by 4 p.m. that DPW crews could begin to clear roads using four graders, three military dump trucks with plows and sand and salt boxes, and four commercial dump trucks with sand and salt boxes, Jevons said.

Roads and grounds crews and volunteer truck drivers from other Public Works divisions continued blading and salting and sanding through the night. About 11 p.m., the snow stopped and the crews were able to blade enough snow off the roads for the salt to work better.

By 7:30 a.m. Dec. 8, most major roads and intersections and the housing area main roads were safe for travel, Jevons said. Post roads were declared in amber – caution status – about mid-morning Dec. 8. DPW crews continued blading and salting and sanding and improving the road conditions through Dec. 8.

Jevons reported about 400 man hours, 250 tons of salt and 400 tons of sand were used to respond to the post's first major snow storm.



Anjel Merritt shovels the walks in front of her home on Main Post the afternoon of Dec. 8. *Post/Morelock*

## Military improves recruiting

### Army targets all military service veterans

By Donna Miles  
AFPS

WASHINGTON – The active Army and Army National Guard continued reversing a springtime recruiting slump, exceeding their November goals at 105 and 110 percent, respectively, defense officials announced Dec. 12.

The active Navy, Marine Corps and Air Force also exceeded their November goals, reporting rates of 102, 105 and 101 percent, respectively. The Marine Corps Reserve and Air Force Reserve achieved 100 percent of their November recruiting goals as well, officials reported.

Three reserve components experienced shortfalls in November. The Army Reserve recruited 96 percent of its goal; the Navy Reserve, 87 percent. The Air National Guard, already at 99 percent of its year-end strength, recruited 71 percent of its earlier-designated November goal, officials said.

A new program designed to entice veterans of all services to join the Army is among initiatives expected to help the Army continue its recent success in reaching its recruiting goals, officials said. Officials are hopeful the new "Unity of Effort" program will encourage more prior-service

members, regardless of their service, to bring their experience to the Army's ranks.

In mid-November Army officials contacted 78,000 veterans who recently left the Army, Navy, Air Force and Marine Corps, encouraging them to consider returning to military service in the Army, Lt. Col. Roy Steed, the Army's deputy division chief of enlisted accessions, said during a recent interview with the Pentagon Channel.

The Army is hoping 1,600 of those contacted will take the Army up on its offer, helping the Army reach its higher recruiting goals with experienced members.

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Black Only  
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## Post, Army news briefly

### European COLA changes

The Department of Defense announced that U.S. service-members in Europe will see adjustments to their Cost of Living Allowance beginning Jan. 1. The COLA will adjust by two to 14 points in Germany; Vicenza, Camp Darby and Ghedi, Italy; and the Netherlands.

After full implementation, the adjustments will range from an increase of nine percent to a decrease of nearly 37 percent, depending on location. Because many service-members will receive a reduction in COLA, implementation of the new COLA rates was delayed until after the holiday season to coincide with the 2006 military pay raise.

Servicemembers can look up their COLA rate at <https://secureapp2.hqda.pentagon.mil/perdiem/ocform.htm> 1 on the Web.

### Army expands opportunities

The U.S. Army is expanding graduate school opportunities for selected junior officers. The increased number of graduate school opportunities will be offered this year to officers in Year Groups 1998 through 2003, with a portion beginning attendance in 2007. Officers are required to study in an approved discipline. A complete listing is available at:

<https://www.hrc.army.mil/sit> e/active/opfamacs/ACS00.htm.

Tuition costs that exceed \$13,000 or exceptions to the discipline list must be requested in memorandum to Chief, Advanced Civil Schooling, before final approval of application.

The points of contact for more information are individual action officers. Additional expanded graduate school information is available through the ACS Web page at <https://www.hrc.army.mil/site/active/opfamacs/ACS00.htm>.

To find out more, view the Expanded Graduate School Opportunities for Junior Officer message at [http://www.military.com/MilitaryCareers/Content/0,14556,MPDC\\_ArmyOfficer\\_News\\_120105-2,00.html](http://www.military.com/MilitaryCareers/Content/0,14556,MPDC_ArmyOfficer_News_120105-2,00.html).

### CID offers \$500 reward

The U.S. Army Criminal Investigation Command is offering a \$1,000 reward to anyone providing information leading to the identification, apprehension and conviction of the person or persons responsible for the theft of a 2005 Mercury Mariner outboard motor, serial number 0R059727.

The motor was stolen between 4:15 p.m. and 6 p.m. Oct. 13, 2005, from the parking lot adjacent to Building 7424 on Fort Riley.

Anyone with information concerning this incident is urged to call Special Agent Charles Baker at the Fort Riley CID office, 239-3304, or military police at 239-6767.

### CID offers \$1,000 reward

The U.S. Army Criminal Investigation Command is offering a \$1,000 reward to anyone providing information leading to the identification, apprehension and conviction of the person or persons responsible for the theft of a black, 2005 Honda TRX 450R all-terrain vehicle, Vehicle Identification Number HFTF30045A110847.

The ATV was stolen between 7:45 a.m. Sept. 16 and 7 p.m. Sept. 17 from the parking lot adjacent to Building 7002B and Infantry Drive.

Anyone with information concerning this incident is urged to call Special Agent Jeffrey Lasley at the Fort Riley CID office, 239-8641, or military police at 239-6767.

# 14 end federal careers

By Anna Perry  
19th PAD

Eleven Soldiers and three civilian firefighters were honored for their service in a retirement ceremony Dec. 14 at Riley's Conference Center on post.

Chief Warrant Officer David Pearson, 2nd Battalion, 291st Aviation Regiment, retired after 20 years of service. He plans to live in Meriden, Kans., and be a stay-at-home father.

First Sgt. Robert Swanson, Company C, 1st Battalion, 41st Infantry, retired after 21 years of service. He plans to live in San Antonio and work for Engagement Skills Trainer 2000 at Fort Sam Houston, Texas.

Master Sgt. Gregory Barnes, 501st Military Intelligence Battalion, retired after 24 years of service. He plans to live in Junction City, Kans., work as a contractor for the Installation Consolidated Property Book office and spend more time with his family.

Master Sgt. Karen Dees, 97th Military Police Battalion, retired after 21 years of service. She plans to live in Lawton, Okla., complete her bachelor's degree in accounting and obtain a Certified Public Accountant license.

Sgt. 1st Class James Smith, 3rd Brigade, 75th Division (Training Support), retired after 23 years of service. He plans to live in Augusta, Ga., and buy, sell and manage real estate.

Sgt. 1st Class Ronald Stewart, 24th Infantry Division (Mech.), retired after 20 years of service. He plans to live in Manhattan, Kans., and complete his bachelor's degree before pursuing further education goals.

Sgt. 1st Class Charles Newsome, Headquarters and Headquarters Company, 2nd Battalion, 34th Armor, retired after 20 years of service. He plans to live in Junction City, Kans., and relax.

Sgt. 1st Class Jack Dilbeck, Medical Department Activity, retired after 20 years of service. He plans to live in Manhattan, Kans., and work as an operations research analyst for the U.S. Army Accessions Command headquartered at Fort Knox, Ky.

Sgt. 1st Class Andrew Dickerson, Headquarters and Headquarters Company, 1st Bn., 41st Inf., retired after 20 years of service. He plans to live in Junction City, Kans., seek federal or state employment and continue pursuing his bachelor's degree.

Staff Sgt. Johnny Hernandez, 977th Military Police Company, retired after 20 years of service. He plans to live in San Antonio and open a maintenance shop.

Staff Sgt. Bradley Northrup, Headquarters and Headquarters Company, 70th Engineer Battalion, retired after 20 years of service. He plans to live in Junction City, Kans., and spend more time with his family while pursuing a new career.

Bruce Brazzle with the Fort Riley Fire Department retired after 24 years of federal service. He plans to live in Wamego, Kans. Brazzle plans to manage his investment properties, instruct incident command classes in Pottawatomie County and work as a fire investigator for a Kansas City firm.

Steven Thornton of the Fort Riley Fire Department retired after 26 years of federal service. He plans to live in Abilene, Kans., work part-time and travel.

Dale Upton of the Fort Riley Fire Department retired after 20 years of federal service. He plans to work full-time as an emergency medical officer for Harrah's Casino north of Topeka, Kan.

IMMANUEL LUTHERAN CHURCH  
2 x 1.5"  
Black Only  
2X1.5 Immanuel Luth

LILACS ON THE PRAIRIE  
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2x4 Lilacs Brighton 10 days

4X4 LAND, INC.  
3 x 2"  
Black Only  
3x2 4x4Land Dec TF

MILITARY OUTLET  
3 x 3"  
Black Only  
3X3 MIL Outlet Dec TF

MANHATTAN CHAMBER OF COMMERCE  
3 x 4"  
Black Only  
3x4 Man24/7 Weis

GEARY COMMUNITY HOSPITAL  
3 x 5.5"  
Black Only  
3x5.5 Pregnant Military Dep.





## Post, Army news briefly

### Medic facilities update AKO

Soldiers will now find it easier to get their physical exam information updated in Army Knowledge Online. Effective Dec. 1, Army medical treatment facilities began to enter physical exam data directly into the database that populates the Soldier's AKO account. Previous to the new policy, Soldiers had to take a copy of their physical or a memorandum with the information to their local personnel support unit in order to get physical examination data updated.

All active duty physical exams at Fort Riley are completed at the Consolidated Troop Medical Clinic. Once the physical has been completed, the clinic will put the Soldier's physical exam data into the database.

### Boughs offered for decorating

Units, housing occupants and activities desiring cedar and pine boughs to decorate the interior and exterior of their buildings can pick up this material at the Public Works parking lot on Dickman Avenue across from Building 364 on Main Post.

Boughs will be distributed on a first come, first serve basis, Nov. 14 through Dec. 25.

Extreme care should be taken to avoid fire hazards when using boughs to decorate. Frequent misting or sprinkling of boughs with water is recommended to retard their drying out.

Cutting pine and cedar trees or branches anywhere on the installation is prohibited.

For more information, call 239-3908.

### Army News Service

WASHINGTON – The Department of Defense has enacted a traumatic injury protection insurance under the Servicemembers' Group Life Insurance, or SGLI program.

On Dec. 1, all servicemembers eligible for SGLI became insured for traumatic injury protection of up to \$100,000 unless they declined SGLI coverage.

The program, which will be known as TSGLI, is designed to provide financial assistance to servicemembers during their recovery period from a serious traumatic injury. A flat monthly premium of \$1 will be added to the monthly SGLI deduction,

regardless of the amount of SGLI coverage that the member has elected, officials said, beginning Dec. 1.

A retroactive provision of the law provides that any servicemember who suffered a qualifying loss between Oct. 7, 2001, and Dec. 1, 2005, will receive a benefit under the TSGLI program, if the loss was a direct result of injuries incurred in Operation Enduring Freedom or Operation Iraqi Freedom.

The Army already has received the more than 140 claims for TSGLI benefits for Soldiers who incurred a traumatic injury in support of OIF and OEF.

The Army Wounded Warrior Program, or AW2, administers

TSGLI on behalf of the Army. AW2's mission is to ensure eligible Soldiers receive the monetary payments they are entitled to while providing them with the necessary information and assistance to complete and submit their TSGLI claims, officials said.

If a Soldier is unable to complete a claim due to incapacitation or death, family members with an appropriate power of attorney or letter of guardianship may apply for TSGLI benefits on behalf of a Soldier, officials said.

Family members of a deceased Soldier who survived for seven days after incurring a traumatic injury and qualifying loss may also apply for TSGLI benefits.

TSGLI covers a range of trau-

matic injuries, including:

- Total and permanent loss of sight in one or both eyes;
- Loss of hand or foot by severance at or above the wrist or ankle;
- Total and permanent loss of hearing in one or both ears;
- Loss of thumb and index finger of the same hand by severance at or above the metacarpophalangeal joint;
- Quadriplegia, paraplegia or hemiplegia;
- 3rd degree or worse burns covering 30 percent of the body or 30 percent of the face; and
- Coma or the inability to carry out two of the six activities of daily living due to traumatic brain injury.

### Want more info?

*Additional information on the traumatic injury protection benefit, as well as a listing on qualifying injuries, can be obtained by calling (800) 237-1336 or going to [www.aw2.army.mil/TSGLI](http://www.aw2.army.mil/TSGLI) on the Web for application and contact information. Claims can be faxed to: (866) 275-0684 or mailed to: Department of the U.S.*

*Army  
Traumatic SGLI (TSGLI)  
200 Stovall Street  
Alexandria, VA 22332-0470*

## Research could identify face of global terrorism

By Keener A. Tippin II

Kansas State University

MANHATTAN – Grumpy, sleepy, happy and bashful may sound like the names of some of the vertically challenged mine workers from "Snow White and the Seven Dwarfs," but to a Kansas State University professor, they also could be the facial expressions of potential terrorists guarding their plans.

Akira Tokuihiro, a K-State associate professor of mechanical and nuclear engineering, is combining two research areas, biometrics – including facial expressions – and robotics, to combat terrorism.

"There are about six or seven basic facial expressions, such as happy, sad and angry, that you find anywhere in the world," Tokuihiro said. "We have some preliminary results with a limited database of digitalized images of Japanese females making facial expressions that the software tool can recognize and identify as a

happy or sad expression."

A different project involves using a robotic arm to look at reactor components that are radioactive but need to be inspected for wear. Tokuihiro said inspection is complicated when inspectors can't get close enough to the radioactive material to examine it. Instead, the robotic arm can do most of the handling of the material and the inspection of the components.

"One of the things I have in mind is to put several cameras on the robotic arm and to program the arm to randomly stack, for example, cubes," Tokuihiro said. "However, the cubes may not be aligned at first. With the cameras looking for a facial expression or voice command from the operator, the arm could then perform the final fine rotations to align the cubes."

Tokuihiro said a robotic arm with biometric capabilities has all kinds of applications related to security.

"You could use a robotic arm

with biometrics when you have a person with a suspicious suitcase," Tokuihiro said. "Conceivably, you could use the robotic arm to survey the suitcase and simultaneously use biometrics to monitor the suspect's facial reactions."

Tokuihiro said the biometrics combined with voice stress recognition technology could come into play when questioning a potential suspect because facial expressions, pupils and voice stress levels can change constantly while someone is being interrogated.

K-State's Douglas McGregor, associate professor of mechanical and nuclear engineering, is working to make the job of nuclear weapons inspectors easier by developing a small, portable device that detects neutrons that are commonly emitted by some nuclear weapons-grade materials.

The Marines recruited K-State's Bill Dunn, an associate professor of mechanical and nuclear engineering, to develop a way to improve bomb detection.

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Black Only  
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3 x 10.5"  
Black Only  
B&W/PU 12/9

CHARTER COMMUNICATIONS- THAYER  
3 x 10.5"  
Black Only  
3X10.5 Charter 30x12/2





DICK EDWARDS HYUNDAI  
6 x 21.25"  
Black Only  
6x21.5 Hyundai One Color





LITTLE APPLE TOYOTA/HONDA  
6 x 21.25"  
Black Only  
FULL COLOR 6x21.5 Litt Apple





# Fort Riley Community Life

Friday, December 16, 2005

America's Warfighting Center

Page 11

## Community news briefly

### Child seat check slated

The Installation Safety Office in conjunction with the Army and Air Force Exchange Service and United Way of Geary County will inspect child passenger car seats from 10 a.m. to 2 p.m. Dec. 17 at the Main PX parking lot.

The check is to ensure that all child passenger seats are installed correctly and that they have not been recalled. The Installation Safety Office will offer new seats at no cost for those seats that have been recalled or if defective seats are found during the check.

The Safety Office has four nationally certified child passenger seat specialists and will be instructing parents on the proper installation of child seats.

The Safety Office will set up two drive-through tented lanes at the far end of the PX parking lot, just below the Burger King drive through lane entrance.

For more information, call Vanita Friedler at 239-2334 or 239-2514.

### School Age Services listed

**Dec. 16** – Caroling at the Post Exchange, 1st through 5th grades

**Dec. 17** – 10 a.m. to 1 p.m., free child care for families of deployed Soldiers.

**Dec. 20** – Field trip to view holiday lights, 3rd through 5th grades; skating at Riley Wheels rink, kindergartners

**Dec. 21** – Custer Hills Bowling Center, 1st through 5th grades

**Dec. 22** – Field trip to Topeka mall, 1st through 5th grades

For more information, call 239-9220.

### Youth services class scheduled

A Red Cross baby-sitting class is scheduled from 9 a.m. to 3 p.m. Dec. 17 in Building 5800. For more information, call Child and Youth Services at 239-9173.

### Postal rates to increase

The U.S. Postal Service has announced that rates and fees will increase by about 5.4 percent effective Jan. 8.

The rate for one-ounce, single-piece first-class mail will increase from 37 cents to 39 cents. The postcard rate will increase by one cent, to 24 cents.

### Guitar classes to be offered

Child and Youth Services' SKIES program will offer guitar classes beginning Jan. 6. Two sessions of group guitar lessons will be offered: from 7 to 8 p.m. and from 8 to 9 p.m.

The 7 p.m. class is for children 6 to 10 years old. The 8 p.m. class is for children 11 to 18 years old. Classes must have at least five and no more than 10 students signed up.

For more information, call 239-4847.

### Stay In Step with Fort Riley

See what's happening on Fort Riley cable Channel 2 every day at 6:30 a.m., 8 a.m., noon, 6 p.m. and 10 p.m.

## 46 graduates receive degrees

By Anna Perry  
19th PAD

"We are here today to celebrate and recognize the achievements of our graduates who have put forth the extra effort to advance their education and their professional careers," said Federico Rodriguez, director of Fort Riley Education Services.

Rodriguez was referring to 46

students who participated in a post combined graduation ceremony Dec. 7 at King Field House.

Although 46 graduates took part in the commencement ceremony, 116 Fort Riley students earned degrees college degrees since the last combined graduation ceremony June 9.

Each of the new graduates earned an associate, bachelor's or master's degree from Barton

County Community College, Central Texas University, Kansas State University, Central Michigan University, Upper Iowa University, Southwestern College or the University of Mary.

"We applaud these bright minds who have obtained the education necessary to compete in a global community," Rodriguez said.

"The graduates before us today

have undertaken an educational opportunity that enhances critical thinking skills, intellectual reasoning attributes and analytical traits essential for the 21st century," he said.

Maj. Gen. Dennis Hardy, 24th Infantry Division (Mech) and Fort Riley commanding general, provided the commencement keynote address.

"I get a lot of pleasure out of

standing here and recognizing your accomplishments," Hardy told the graduates, who included active duty Soldiers, Reserve and National Guard Soldiers, veterans, retirees, family members and civilians.

"I am reminded of a little philosophy that I've always carried through life, and that is 'the lord

See Grads, Page 12

## Body Walk



Post/Morelock

Students at Ware Elementary School on post enter the first Body Walk station, the brain, through a giant ear. The special display and activity taught students about their bodies and good health Dec. 6.

## Learning takes path through 'human'

By Anna Morelock  
Staff writer

Eat Smart. Play Hard. That was the message students at Ware Elementary School on Fort Riley learned going through the "Body Walk," a 35-foot by 40-foot enclosed walk-through exhibit representing the human body.

Twenty volunteers spent 2 1/2 hours setting up the exhibit for the Dec. 6 program. Parent Support Coordinator Pat Olmstead said she thought the work was well worth it and that students would have fun with the activity.

"Outside of being enjoyable, they're going to learn the functions of the body, and they'll also learn about eating healthy. It's sort of a fun educational thing to learn about," she said.

Students began the Body Walk by entering the brain through a giant ear. There they learned about brain function before heading to meet the "lunch ladies."

The lunch ladies discussed nutrition with students and handed each a card that told them which food they would be, such as a bagel, a carrot or a hamburger, as they traveled through the rest of the body.

Every five minutes, one of the lunch ladies rang a bell, signaling students to the

next of the 11 stations.

At the next station, students entered the mouth to sit on chairs shaped like giant teeth. The students practiced circular brushing motions in the air with over-sized toothbrushes, saw test tubes filled with the amounts of sugar in different foods and met Mr. Gross Mouth, a larger than life example of bad dental hygiene.

From the mouth, students passed through the esophagus tunnel into the stomach dome where they stretched, wiggled and shrank as if they were being digested. After digestion, the students

See Body Walk, Page 12

## Families get free computers

### Operation Homelink connects relatives

AFPS

MC GUIRE AIR FORCE BASE, N.J. – Operation Homelink, in cooperation with Northrop Grumman, presented 100 refurbished computers to military families from several New Jersey bases, including McGuire Air Force Base, Fort Dix, Fort Monmouth and Lakehurst Naval Air Station. The computers were distributed Dec. 8 at McGuire's Family Support Center.

Most servicemembers have e-mail access on ships and even in desert outposts. Lower-ranking military families, however, are often not able to afford computers

and must rely on other methods of staying in touch, such as postal mail or expensive phone calls. Operation Homelink, an all-volunteer, nonprofit organization, links American servicemembers deployed overseas with their families back home through e-mail communication using computers donated from corporations.

Deploying servicemembers were thankful for Homelink's efforts.

"This is a Godsend," said Jennifer Lahn, whose husband Michael is a private in the Army National Guard's 117th Cavalry Regiment based at Vineland, N.J. "Thanks for making the miles dis-

appear."

"This computer will provide my parents piece of mind because they will be able to e-mail me to know that I'm doing OK and I'll know that everything is fine at home," said Spc. Katherine Quiring, with the Army National Guard's 250th Adjutant General Detachment at Fort Dix, N.J. "Given the different time zones, it will make communicating during deployments much easier."

Northrop Grumman understands the importance for military families to have the ability to communicate with their deployed servicemen and women," said

See Computers, Page 12



"This computer will provide my parents piece of mind because they will be able to e-mail me to know that I'm doing okay and I'll know that everything is fine at home," said Spc. Katherine Quiring, with the Army National Guard's 250th Adjutant General Detachment out of Fort Dix, N.J. Operation Homelink has donated more than 350 computers to deploying Soldiers.

AFPS

See Survey, Page 12





## Community news briefly

### Holiday chapel services set

**Dec. 18** – Christmas musical, "Hark the Herald Angel Sings," 6 p.m., Kapaun Chapel

**Dec. 24** – Christmas Eve Protestant service, 6 p.m., Main Post Chapel; Christmas Eve Catholic service, 5 p.m., Morris Hill Chapel

**Dec. 25** – Christmas Day traditional Protestant service, 9:30 a.m., Normandy Chapel; Christmas Day Catholic service, 9 a.m., Morris Hill Chapel

### Teen Center lists activities

**Dec. 16** – 8 to 10:30 p.m., middle school dance

**Dec. 20** – 6 p.m., Keystone Club meeting

**Dec. 23** – 9 a.m. to 6 p.m., Manhattan mall trip, meet at Building 5800

**Dec. 24** – All day movie marathon

For more information, call the Teen Center at 239-9222.

### Support Center lists activities

**Dec. 19** – Spouse Activity Day, 9 a.m. to noon, crafts and snacks for the holidays

**Dec. 23** – 8:30 a.m. to 12:30 p.m., spouse orientation tour of Fort Riley and community

**Dec. 23** – 6 to 10 p.m., Parent's Night Out

For more information, call the Soldier and Family Support Center at 239-9435.

### Adults talk about books

The Fort Riley Post Library hosts an adult reading group – "Book Talks." The group meets from 7 to 9 p.m. the first Thursday of each month at the library. For more information, call 239-5305.



A group of students from Ware Elementary School learn about nutrition from the "lunch ladies" during the Body Walk Dec. 6.

## Body Walk

continued from page 11

crouched down to be "absorbed" into the tunnel of the small intestines, where they learned how foods are broken into nutrients and travel to the rest of the body.

In the heart, students were able to read their pulse by holding on to both ends of a digital pulse stick. They also got to see a model heart as well as test tubes containing the amounts of fat in four different foods.

They learned the benefits of breathing faster and better while in the simulated lungs. Students also discussed the dangers of tobacco use before moving on through the bones and muscles to the skin.

At the skin station, student volunteers used lotion and a black light that illuminated the germs on their hands. After the volunteer shook another student's hand, the germs glowed on both students' hands, demonstrating how easily germs are transferred.

Students exited the Body Walk through a "cut" in the skin, where they received an activity booklet on health and reviewed what they learned.

Fourth-grader Corey Gyuran learned "you have to have certain types of doses and stuff of food a day."

He said he also learned what bad foods not to eat, but acknowledged that some foods like sugar aren't all bad. "You need to have some because if you don't have any sugar then that can hurt your body."

Many students said the brain was their favorite part of the exhibit. Fourth-grader Alicia Santiago said that was because the brain tells us the smart thing to do.

The Body Walk exhibit is provided to Kansas schools by the Kansas State Department of Education. The exhibit visited Custer Hill Elementary School on Dec. 7 and Washington Elementary School in Junction City on Dec. 8.

## Survey

continued from page 11

for limited resources, (so) we want to make sure we spend our money smartly in the future," he said.

"And the survey is an opportunity for military spouses ... to be sitting around the table with us, to be giving us their input so that we can make smart decisions on how to spend these monies and these resources in the future."

"We can't really do it smart without them," Molino said.

The last spouse survey, in 1999, underscored the need for more and better child care facilities, particularly on bases, and interest in enhanced education benefits, he said. Officials have worked to introduce improvements in both areas, he said.

Molino said he's hoping spouses asked to participate in the 2005 survey will weigh in with their views to help identify gaps and

direct programs to fill them, particularly in light of changes in the military since the last survey.

The new survey, for example, will focus more on deployment issues and challenges they present families, he said.

"The world has changed since 1999. A lot has changed within the military and a lot has changed in the nature of the military (and) the makeup of the military family," Molino said.

"So we think it is time, as we look ahead, that we ask today's military families what's important to them (and) what's relevant to (them), so we can better plan and better spend the resources that we

will spend in the future" on programs to meet their needs, he said.

Family programs have become increasingly important within the military, Molino said, noting that more than half of today's servicemembers are married.

Ensuring that families have strong programs and services boosts readiness, because it frees servicemembers to focus on the mission rather than wondering if their families are being taken care of, Molino said.

Family programs are a big factor in retention too, because families satisfied with military life are far less likely to leave the military, he said.

## Computers

continued from page 11

Kent Schneider, president of Northrop Grumman Information Technology sector's Defense Enterprise Solutions business unit.

He said his company understands the importance of service families staying in touch with their deployed servicemembers. "We support the mission of Operation Homelink and can't think of a better way to recycle computer resources," Schneider said.

"Operation Homelink is looking for a few good corporations to support our military families by simply sending us their old computers. No additional monetary

donation is required," said Dan Shannon, president and founder of Operation Homelink.

"We are especially appreciative of the support that Northrop Grumman has provided, donating over 350 computers to date," he said.

Homelink officials said they need at least 25 used computers right now – laptops with Pentium II-equivalent power and desktops units with Pentium III power – so that families can connect properly with their servicemembers.

To date, Operation Homelink has successfully linked more than 1,200 families.

## Grads

continued from page 11

helps those who help themselves," Hardy said.

"You are continuing to demonstrate that ... in a world of war and a world that is changing very rapidly," he said.

Hardy stressed the importance of the graduates' education, not only for themselves, but for the entire nation.

"It's not knowledge for knowledge's sake that we're after," he said, "it's action. With your knowledge, your ability and your empowerment to take action, you become the leaders of the future."

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# Fort Riley Sports & Recreation

Friday, December 16, 2005

America's Warfighting Center

Page 13

## Sports news in brief

### Troopers host area wrestlers

The Fort Riley Middle School Troopers hosted the 23rd annual seventh- and eighth-grade wrestling tournament recently.

The wrestlers tied a team record by medaling 12 wrestlers in the tournament. Jordan Fuller won a gold medal as tournament champion in the 180-pound weight class.

Frankie Zachar (80 pounds), Gunner Schritthenthal (B-120 pounds) Jonathon Spurlock (A-120 pounds), Zach Birchmeier (A-134 pounds) and Matthew Miller (155 pounds) won silver medals and second places.

Josh Eckel (110 pounds) and Jason Elzinga (265 pounds) won third places. Anthony Kozielski (B-120 pounds), Matthew Righter (B-134 pounds), A.J. Cates (B-141 pounds) and Matthew McManigal (A-141 pounds) place fourth.

Austin Parton won two matches but did not place. Jacob Youngblood, Darius Benton, Dominique Quintero and Robyn Harmon won a match each but did not place.

### Store to host hoop shootout

The Fort Riley Class 6 Store at the Main Post Exchange will host a "Single Barrel Basketball Shootout" from 11 a.m. to 3 p.m. Dec. 17.

The event will include free tastings, giveaways and a grand prize awarded to the best hoop shooter on post.

For more details, visit the Class 6 store.

### Water aerobics classes slated

Water aerobics will begin at Eyster Pool beginning Jan. 10. Classes are open to all active duty members, their family members, DoD employees and military retirees. Class sessions will be 5 to 6 p.m. every Tuesday and Thursday. Cost will be \$2.50 per session or \$20 for 10 sessions.

For more information, call 239-9441.

### Field house classes listed

King Field House fitness staff has scheduled several activities and classes for the coming week, including:

**Dec. 19** – Noon to 1 p.m. fitness yoga; 5:45 to 6:45 p.m., cardio pump aerobics

**Dec. 19-22** – Holiday basketball tournament; holiday racquetball tournament

**Dec. 20-22** – Battalion level basketball tournament; 9 to 10:30 a.m., Weight Training Express

**Dec. 20** – 6:30 to 7:30 a.m., PT powertime

**Dec. 21** – 5:45 to 6:45 p.m., cardio pump aerobics; noon to 1 p.m., fitness yoga

For more information, call 239-2813.

### Staff sponsors swim program

The Eyster Pool staff is sponsoring a "Swim for My Life" program that encourages personal fitness by swimming laps. Each participant can earn rewards for swimming set distances.

For information on the program, call the pool staff at 239-9441.

## 'Dreadnaughts' enjoy holiday

*Special to the Post*

Soldiers of 2nd Battalion, 34th Armor Regiment, celebrated Thanksgiving in Iraq this year in traditional and non-traditional ways.

On the traditional side, Soldiers of the "Dreadnaught Battalion" enjoyed a Thanksgiving feast of roast pig, fried turkey, mashed potatoes, stuffing, green bean

casserole and all the traditional extras. For non-turkey lovers, the feast included Cornish hens and prime rib of beef.

The meal was definitely popular with Soldiers. "It was great," said Spec. Christopher Larue, of Mayfield, Ky. "The turkey was the best part."

"Our cooks really outdid themselves on this one," said Lt. Col. Oscar J. Hall IV, battalion commander.

In addition to the Thanksgiving feast, the Soldiers celebrated with a series of competitions in volleyball, basketball and tug of war. Tournaments in billiards, ping-pong and X-Box rounded out the day's events.

"It is a testament to the progress that we and our partner Iraqi Security Forces have made in our area of operations that we could take a day off to celebrate this day for giving thanks,"

Hall said. "We have made great strides together in building and maintaining a stable, secure environment, and every one of our Soldiers earned this day."

The day ended with a 2 1/2-hour "smoker" that paired boxers against each other in light heavyweight, heavyweight and super heavyweight classes.

The event was planned and coordinated by Staff Sgt. Jeffrey Ladisic of Clarkesville, Pa. Orig-

inally small in scope, the night grew as Soldiers heard about it and expressed interest.

"It started out as an alternate PT (physical training) plan," said Ladisic, who would have participated in the smoker himself except that he was slightly injured in a sparring bout while training for the event. "It sort of snowballed as more and more Soldiers

See *Armor*, Page 15

## Gotcha! No!



Army World Class Athlete Program Greco-Roman wrestler Don Garrison shows Kansas State Wrestling Club member Zach McGill how to counter an ankle take-down move while visiting KSU Dec. 1. Watching the demonstration are club members (left to right) Emmett Smith, Gannon Reichert and Grant Reichert.

## Army wrestlers talk sports, careers

*By Mike Heronemus*  
Editor

These Soldiers fight for the Army – on wrestling mats around the world.

Two of the Army's full-time, active duty wrestlers showed members of the Kansas State Wrestling Club a few moves on mats at the K-State Recreation Center Dec. 1 and talked about their military service.

Capt. Erik Hinkle, commander of the Manhattan, Kan., Army Recruiting Station, invited Don Garrison and Neal Rodak to meet the K-State wrestlers and talk about the Army's World Class Athlete Program for active duty and reserve Soldiers.

Garrison even got on the mat with one of the K-State wrestlers to demonstrate some of his countering moves, ones he said have been much of the reason for his wrestling success.

Meanwhile, Rodak talked about what it

is like to be a full-time athlete for the Army.

Rodak coached the U.S. Navy's wrestling team until he recently opted to switch branches, joining the U.S. Army Reserve as a judge advocate general corps officer so he could enter the WCAP and wrestle full-time. His biography states he is training to compete in Greco-Roman wrestling in the 2008 Olympics.

The WCAP bases its training at Fort Carson, Colo., and the training center at the former Ent Air Force Base in Colorado Springs, Colo. It takes Soldiers who demonstrate Olympic potential and trains them for competition around the world as they prepare for U.S. Olympic Team trials and possible appearances in the Olympic Games.

Scheduled training generally involves two team sessions each day, five days a week, Rodak said. Individuals almost

always use other time during the week and Saturdays to work out and train on their own, he added.

"Sometimes we have three scheduled team workouts a day," Rodak said.

Wrestling is an individual sport, but the U.S. Army wrestlers train and compete with a team spirit, he added. When the Army enters a tournament, every wrestler's goal is to see each member of the team excel and to have the Army outperform all other teams in the tournament, Rodak explained.

Army wrestlers can expect to compete in six to 12 tournaments a year, Rodak said. "Sometimes we have as many as four wrestlers per weight class. The fewest we have is two right now," he said.

Good wrestlers will stay on the team as long as they keep winning, but they also

See *Wrestlers*, Page 14

## Army grid squad eyes season

*By Eric S. Bartelt*  
Army News Service

WEST POINT, N.Y. – Army took it on the chin Dec. 3, losing to archival Navy 42-23 and finishing the 2005 season at 4-7.

The loss to the Midshipmen, though, is only a temporary setback, according to Army Head Football Coach Bobby Ross. He said the team continues to move forward and further the progress that has been made from a 0-13 record in 2003.

### 13 starters to return

The Black Knights will lose a couple of distinguished seniors in quarterback Zac Dahman and running back Carlton Jones, who assaulted the team record books in passing and rushing, respectively. However, Army will return 13 players who started the Navy game.

"All in all, I think we made progress in our program," Ross said. "This game (against Navy) is indicative of the fact that we still have work to do. I think one of the things that was apparent to me was that Navy has more speed than we have."

"They had more quickness and athleticism," Ross added. "I think we have to continue to try to upgrade that."

### Sophomores show promise

Army received a glimpse into the future as some underclassmen made an impression during the loss to the Midshipmen.

Sophomore wide receiver Jeremy Trimble had a career day by catching six passes for 81 yards and two touchdowns. Sophomore strong safety Caleb Campbell led the team in tackles with 10 and sophomore defensive end John Wright got Army's only sack of the day.

See *Football*, Page 14

## Cardinals favorites of backyard bird watchers

Flocks inhabit much of United States, add color to Kansas landscape



Alan Hynek

*By Alan Hynek*

*Fish and wildlife biologist*

The northern cardinal is one of the most recognized backyard birds. Named after the red robes worn by Roman Catholic Cardinals, this species has expanded its range over much of the United States. Their unique combination of song, color and character makes them a favorite of backyard birding enthusiasts.

Northern cardinals are one of the

largest members of the finch family and are related to grosbeaks and buntings, which also are very colorful. Their stout bill is equipped to crack various types of nuts. In fact, cardinals have been known to crack the hard shell of a cherry pit to get the seeds inside.

The adult male is a bright red with black face and red bill. The female is

a buff color with a red tinge on the crest, wings and tail. It also has a black face and red bill. The juvenile is much like the female but with a shorter crest and black bill. They molt into adult plumage in the fall.

The "redbird," as it is commonly called, ranges over most of the eastern United States and southeastern Canada. Cardinals have greatly expanded

their range over the past 100 years. Known previously as a southeastern bird, cardinals were only found rarely north of the Ohio River. By 1895, it had reached the Great Lakes, and by 1910 cardinals could be found regularly in southern Ontario.

Cardinals also have moved to the west, becoming fairly common in areas that receive more than 16 inches of precipitation each year.

See *Wildside*, Page 16





Army  
WCAP  
wrestler  
Neal  
Rodak  
talks  
with  
KSU  
Wrestling  
Club  
members  
about the  
Army's  
Olympic  
athlete  
training  
program  
Dec. 1 at  
KSU.  
*Post/  
Heronemus*



## Wrestlers

continued from page 14

have to stay proficient in their military job, Rodak said about his teammates, who might be viewed by others as less than trained Soldiers.

WCAP athletes have served in Iraq and Afghanistan, Rodak said. Enlisted Soldiers must attend Sergeant's Training Time at Fort Carson each week to keep up on their military knowledge and skills. Officers attend Officer Professional Development training with other officers at Fort Riley, and every WCAP athlete must qualify annually with their weapon and pass the Army Physical Fitness Test, just as any Soldier has to, Rodak assured.

The WCAP athletes often help Army recruiters, like Rodak and Garrison were doing the first week in December, by visiting high schools and colleges to talk about the Army and about the WCAP, Hinckley said.

Rodak said such help is part of their mission and they do it when they can and when it doesn't interrupt training right before a tournament or participation in a tournament.

### Don Garrison

*Currently ranked No. 2 in the nation at 145.5 pounds  
On Team USA for two years (2001-02 and 2005-06)  
In 2005: CISM military world bronze medalist, second in U.S. Team trials, third in U.S. Nationals, armed forces champion.  
In 2004: Third in World Cup, New York AC Christmas International champion, armed forces champion*

### Neal Rodak

*In 2005: Armed forces national champion, seventh at 2005 National Championships, seventh at 2005 World Team Trials  
In 2004: Fourth at Vantaa Cup, Helsinki, Finland; Pan Am team member.  
In 2002: World Cup bronze medalist*

## Football

continued from page 13

"I think we can continue to improve. We were playing with a freshman (Brandon Cox) at offensive tackle during a lot of the second half," Ross said.

"We were playing with quite a few freshmen on special teams. We have a good nucleus of young guys and we have some pretty solid players that are coming back."

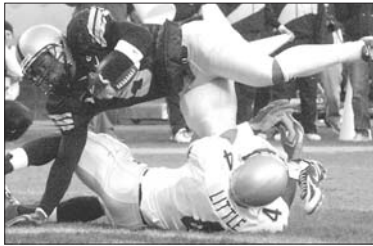
"Obviously, we are going to have to develop the (running back and quarterback) positions, but I think the personnel is there," he added. "We have to develop (them) and that is going to be a big part of it all ... we need to continue to work to get stronger and faster."

A couple of those players who figure to get bigger roles next year on offense are sophomore quarterback David Pevoto and sophomore fullback Mike Vitt.

### Defense squad must forget loss

The initial sting of the season-ending loss will soon recede back toward the optimism players held after the four-game winning streak that preceded the loss, players predict.

"(Coach Ross) re-emphasized some different points that need to be taken care of in the off season so that we can come back strong



ANS/Bartelt

West Point sophomore wide receiver Jeremy Trimble scores a touchdown during the Army-Navy game Dec. 3.

next year," Campbell said.

Although the defense had its worst day of the season against Navy, Campbell believes the defense is on the right road for greater success as it climbed from the depths of dead last in defense to 27th in total defense in Division I-A football.

"The defense is coming together well," Campbell explained. "We did something this year that is a big improvement from last year and we can only improve from here."

Starting linebacker Barrett Scruggs, a junior, finished second

on the team in tackles with 78. He knows that this season was a stepping stone for next year and credited the seniors for that progress.

"We're losing a good group of seniors that pushed us during (last) off season, and we have a good underclass that is motivated

and is ready to work," Scruggs said. "We're going to put this game behind us and get ready to go to work (for next season)."

### Team wants at least six wins

The win total has gone from zero to two to four over the past three seasons and now the team will buckle down to make sure at least six wins, a win against Navy and a bowl berth are in their near future as tremendous strides have been taken under Ross.

"(The underclassmen) have four wins under their belts that they can bring into next season," said senior tight end Jared Ulekowski.

"We weren't where we wanted to be this year, but we did make some improvements that they can build on for next year," he said.

*Eric S. Bartelt serves as assistant editor of the Pointer View newspaper at West Point.*

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## Armor continued from page 13

became interested."

Soldiers participating in the boxing smoker were aided by the boxing expertise of two Soldiers in the battalion, Staff Sgt. Scott Blount of St. Louis and Staff Sgt. Douglas Saunders of Brooklyn, N.Y. Saunders and Blount boxed as amateurs and trained each boxer in proper boxing techniques.

Staff Sgt. Richard Murray of Philadelphia officiated and ensured that matches did not get out of hand.

"We thought it would be a good stress relief for soldiers," said Saunders. "But we wanted soldiers to box, not brawl."

The boxing smoker featured seven boxing matches and one Greco-Roman wrestling match. Soldiers created a boxing ring and used boom lights from two M88 Recovery Vehicles to light the ring. Volunteers served as referee, red and blue corner coaches, assistants, ring announcer, time keeper, ring doctor, cut man and judges to round out the event.

In keeping with the spirit of boxing, contestants chose colorful names for themselves.

The light heavyweight division pitted Pfc. Kenneth "My-Name-Is-Not-Sandra" Bullock of Charleston, S.C., against Pfc. Ramzi "The Iron Sheik" Jawan of Chicago; Spc. James "The Red Devil" Towne of Troy, N.Y., against Sgt. Michael "Sugar-in-

Your-Tea-Spice-in-Your-Chai" Billings of Buffalo, Mo.; and Staff Sgt. Derek "Sweet Pea" Upchurch of Baxley, Ga., against Spc. Darius "Look-What-I-Did-to-Staff Sgt.-Ladissie's-Nose" Hoopes of Laramie, Wyo.

The Heavyweight division pitted Spc. Christopher "Just-Plain-Butter" Crane of Valley Station, Ky., against Spc. Jerry "The Mexican Mangler" Ortega of Silver City, N.M.; Spc. Max "The Mouth" Pumfrey of Iowa City, Iowa, against Spc. Clifton "The MST Marauder" Walsh of Pittsburgh; and 1st Lt. George "The Animal" Kipp of Nashville, Tenn., against the battalion signal officer, 1st Lt. Rickie "I-Don't-Care-If-the-Shared-Drive-Is-Down" Meers of Davenport, Neb. The event also featured a Greco-Roman wrestling match in which Staff Sgt. Eric "Q/A-Q/C-This" Dietrich of Wichita, Kan.,

headed Staff Sgt. David "I-Only-Have-One-Move" Barker of San Diego.

In the super heavyweight division and main event fight, Sgt. Garret "Good Night" Finley of Carroll, Iowa, fought Capt. A.J. "Beefcake" Besik from Philadelphia.

"Events like this are important because they allow Soldiers the opportunity to relax, let down their guard and enjoy a great evening of boxing, cigars, popcorn and non-alcoholic beer," Hall said. "Tonight was a smashing success and it was due to the hard work of some of our great Soldiers, and noncommissioned officers."

More than 200 Soldiers attended the event, and the night's success has prompted several calls for another boxing smoker with Soldiers already clamoring to participate.

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## 'Sarge' named champion

### Army News Service

ORLANDO, Fla. — U.S. Army Top Fuel driver Tony "The Sarge" Schumacher pocketed the prestigious Economaki Champion of Champions award Dec. 1 at the Performance Racing Industry trade show in the Orange County Convention Center in Orlando, Fla.

Presented by Rockett Brand Racing Fuel and National Speed Sport News, the Economaki Champion of Champions must have earned a title while racing in North America during the 2005 season and excelled on and off the track. The award is named after NSSN's long-time editor, Chris Economaki.

In 2005, Schumacher captured his second straight NHRA POWERade Top Fuel world championship and the third of his career.

"This is quite an honor," Schumacher said after receiving his trophy. "I wish my U.S. Army team could have been here with me today because without all of their hard work throughout the year, this would not have happened."

Schumacher, who hails from Chicago, became the first NHRA driver to take home an Economaki Champion of Champions award. Previous winners include J.J. Yeley (USAC — 2003) and Steve Kinser (World of Outlaws

Sprint Series - 2004).

"I'm happy I was able to break the ice for the NHRA," added Schumacher, who set a number of national records this past year.

Other finalists for the award included Max Angelelli (Grand Am Road Racing Series), Sebastian Bourdais (Champ Car World Series), Damien Gardner (USAC-CRA Sprint Car Series), Kinser (World of Outlaws Sprint Series), Billy Moyer (World of Outlaws Late Model Series), Fred Rahmer (Open Wheel), Dave Steele (USAC Silver Crown, TBARA), Tony Stewart (NASCAR Nextel Cup Series) and Dan Wheldon (IRL Indy Car Series).

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# Snowboarder eyes Olympics

By Jack L. Gillund  
USACFSC Public Affairs

COPPER MOUNTAIN, Colo. — With little more than two months remaining until the start of the 2006 Winter Olympics, Army World Class Athlete Spec. Ryan McDonald has some ground to make up to become a member of the U.S. Olympic snowboard team.

McDonald had hoped to capture a spot on the U.S. World Cup team — a precursor for the Olympic team — Nov. 21 and 22

during the Continental Cup at Copper Mountain ski resort in Colorado.

Instead, he found himself in need of a top-three finish in one of two remaining competitions to keep his dreams of representing the United States alive.

Standing among the world's top competitors wouldn't be a new experience for McDonald, who is a 1998 Junior National snowboard champion. He took second place in the parallel grand slalom at the 2004 U.S. Nationals and has had several top-10 finish-

es against international competitors this year. Still, he understands that anything can happen in snowboarding.

"The course just got the better of me," he said after finishing in 17th place on day one of the Continental Cup. "I was pushing a little too hard and ended up falling."

Just .05 second slower than the next fastest competitor, McDonald failed to advance to the group of 16 who competed for top honors that day.

He fared better on day two of the competition, though. The

Army snowboarder completed the qualifying rounds in 13th place and advanced to the final 16. That's the best he could do, though. He was eliminated from the competition by Adam Smith, one of U.S. Snowboarding's top competitors.

A combat engineer in the Army Reserve, the 25-year-old McDonald has been snowboarding since 1995. He said he started to take the sport seriously after working as a ski and snowboard instructor at Mission Ridge ski resort in Wenatchee, Wash.

## Wildside continued from page 13

By sight and sound, cardinals are one of the most easily recognizable birds in the United States. Their bright red color stands out in any setting, particularly after a blanket of snow. The variable call, a loud "purty, purty, purty" or "cheer, cheer, cheer" is easily distinguished and recognizable.

Northern cardinals mate for life, which is why a male and female are often seen together. The female builds the nest and tends the eggs through incubation while the male collects food.

The color contrast between the sexes is important during this period. The bright color of the male helps to attract attention away from the nest, while the toned down look of the female helps disguise her while on the nest. Cardinals are not migratory,

but some movement does occur during the year.

Typical habitats are thickets and brushy areas, edges and clearings, riparian woodlands, parks and residential areas. The non-migratory cardinals feed on a variety of foods including seeds, leaf buds, flowers, berries and fruit. Sunflower seeds seem to be the preferred favorite for cardinals visiting feeders.

Up to one-third of the cardinal's summer diet can be insects. Its winter diet is 90 percent vegetable matter, especially large seeds. Winter flocks can be very large, up to 60 or 70 individuals in areas of high abundance.

For more information on this or other outdoor topics, contact the Conservation Division at 239-6211.

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# Travel & Fun in Kansas

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America's Warfighting Center

Friday, December 16, 2005

## Leisuretime ideas

### At the movies:

Doors open at 6:30 p.m. Tickets cost \$3.50 for adults and \$1.75 for children 11 and under. Children under the age of 5 are free except during children's matinees or expected sell-outs.

**Dec. 16** – Dreamer:  
Inspired by a True Story (PG)  
**Dec. 17** – Prime (PG-13)  
**Dec. 18** – The Weather Man (R)

For more information, call 784-2226 or 784-2640.

Get away and explore Kansas. Check out details on these and other events on the Kansas Travel & Tourism Web site, [www.travelKS.com](http://www.travelKS.com).

### Salina:

**What:** "Touch the Sound," unrated movie suitable for general audiences. As a child, Evelyn Glennie lost most of her hearing, a fact that should have discouraged her from studying at the Royal Academy of Music and that should have prevented her from establishing herself as a successful avant-garde percussionist and expert on contemporary music. The rapture of creative expression is vividly captured in "Touch the Sound."

**When:** 5 and 7 p.m. Dec. 16; 2, 5, 7 and 9 p.m. Dec. 17; 2, 5 and 7 p.m. Dec. 18; 5 and 7 p.m. Dec. 19-21

**Where:** Art Cinema Center, 150 S. Santa Fe  
**Phone:** (785) 452-9868  
**Web site:** [cinema@salinaartcenter.org](mailto:cinema@salinaartcenter.org)

**Cost:** \$7 for nonmembers, \$5 for shows beginning before 6 p.m.

### Abilene:

**What:** Victorian Christmas at the Lebold Mansion. The old-fashioned Christmas is celebrated throughout the mansion - from cellar to attic. Christmas is ablaze at The Lebold.

**When:** Tuesday through Sunday only through Jan. 8, 2006

**Where:** 106 N. Vine, Lebold Mansion  
**Phone:** (785) 263-4356  
**Web site:** [www.lebold-mansion.com](http://www.lebold-mansion.com)

## 'It's just unreal'

### Artist combines paint, paper sculpture

By Anna Morelock  
Staff writer

What begins as a photograph turns into a three-dimensional blend of painting and paper sculpture at the hands of artist Debra Volkland, whose work will be on display at the Coutts Memorial Museum of Art in El Dorado, Kan., until Jan. 14.

"It's just unreal," said Rhoda Hodges, the museum's co-director. "You've just never seen anything like it. No picture does it justice because you can't see the depth and the way it's put together." "Even if you don't have anything else to do here, if you come see this you'll be impressed," said Kelli Rice, program director for the El Dorado Convention and Visitors Bureau.

Volkland's 40 works displayed in the museum are available for purchase and range in price from \$130 to \$3,600.

The museum also houses a permanent collection, including art objects by such artists as Renoir, Thomas Hart Benton, Frederic Remington and Charles M. Russell.

As part of its brown bag program, the museum will feature the Methodist church bell choir on Dec. 20 from noon until 1 p.m.

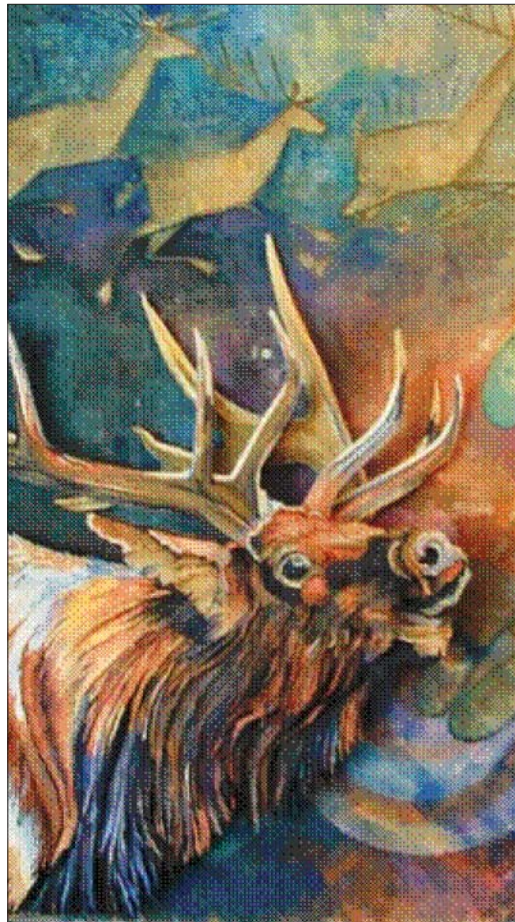
### If you go:

**What:** "Amazing Paper Sculptures...the art of Debra Volkland"

**When:** Through Jan. 14; 1 to 5 p.m. Monday, Wednesday and Friday; 9 a.m. to 5 p.m. Tuesday and Thursday; noon to 4 p.m. Saturday.

**Where:** Coutts Memorial Museum of Art, 110 N. Main St. Take Interstate 70 west to Exit 295. Turn left onto U.S. Highway 77. Follow US-77 for 86 miles to El Dorado. The museum will be on the left side of the street.

**Admission:** Free  
**Phone:** (316) 321-1212



Publicity photo

"It doesn't do the real thing justice at all," said Kelli Rice, program director for the El Dorado Convention and Visitors Bureau, about the photo of Debra Volkland's elk paper sculpture.

## Morale activities set hours

### Staff report

In observance of the Holidays the following Hours of Operation will be effective for each facility:

**Arts & Crafts Center** – Closed Dec. 23; 9 a.m. to 4 p.m. Dec. 24; closed Dec. 25-26 and 30; 9 a.m. to 4:30 p.m. Dec. 31; closed Jan. 1-2

**Automotive Skills Center** – 9 a.m. to 5 p.m. Dec. 23; 9 a.m. to 4 p.m. Dec. 24; closed Dec. 25-26; 9 a.m. to 5 p.m. Dec. 30 and 31; closed Jan. 1-2

**Bowling Center** – 5 p.m. to close Dec. 23; closed Dec. 24-26; 5 p.m. to close Dec. 30; private party – New Year's Bowling Bash Dec. 31; closed Jan. 1-2

**Bowling Snack Bar** – 5 p.m. to close Dec. 23; closed Dec. 24-26; 5 p.m. to close Dec. 30; private party Dec. 31; closed Jan. 1-2

**King Field House** – 8 a.m. to 4 p.m. Dec. 23-24; noon to 5 p.m. Dec. 25; 8 a.m. to 4 p.m. Dec. 26, 30 and 31; noon to 5 p.m. Jan. 1; 8 a.m. to 4 p.m. Jan. 2

**Leonard Fitness Center** – 8 a.m. to 4 p.m. Dec. 23-24; closed Dec. 25; 8 a.m. to 4 p.m. Dec. 26, 30 and 31; closed Jan. 1; 8 a.m. to 4 p.m. Jan. 2

**Craig Fitness Center** – 6 a.m. to 4 p.m. Dec. 23-24; closed Dec. 25; 6 a.m. to 4 p.m. Dec. 26, 30 and 31; closed Jan. 1; 6 a.m. to 4 p.m. Jan. 2

**Long Fitness Center** – 8 a.m. to 4 p.m. Dec. 23-24; noon to 5 p.m. Dec. 25; 8 a.m. to 4 p.m. Dec. 26, 30 and 31; noon to 5 p.m. Jan. 1; 8 a.m. to 4 p.m. Jan. 2

**Custer Hill Golf Course** – 10 a.m. to 5 p.m. Dec. 23-24; closed Dec. 25-26; 10 a.m. to 5 p.m. Dec. 30 and 31; closed Jan. 1-2

**Library** – 11 a.m. to 6 p.m. Dec. 23-24; closed Dec. 25-26; 11 a.m. to 6 p.m. Dec. 30-31; closed Jan. 1-2

**Outdoor Recreation Center** – 9 a.m. to 5 p.m. Dec. 23, closed Dec. 24-26; 9 a.m. to 5 p.m. Dec. 30; closed Dec. 31-Jan. 2

**Rally Point** – 5 p.m. to close Dec. 23; 11 a.m. to 7 p.m. Dec. 24; closed Dec. 25-26; 5 p.m. to close Dec. 30; 8 p.m. Dec. 31 to 4 a.m. Jan. 1 for New Year's Eve Bash; 11 a.m. to 7 p.m. Jan. 1; closed Jan. 2

**Riley Wheels Skating Rink** – 8 to 10 p.m. Dec. 23; closed Dec. 24-26; 8 to 10 p.m. Dec. 30; closed Dec. 31-Jan. 2

**Eyster Pool** – 11 a.m. to 4 p.m. Dec. 23-24; closed Dec. 25-26; 11 a.m. to 4 p.m. Dec. 30-31; closed Jan. 1-2

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